

How do you bounce back?

Impact Report 2021

How do you bounce back?

You might have asked yourself this question in recent months. This impact report shares stories of hope, a story of the nursing and midwifery family coming together and reveals the beginning of the next chapter.

About Cavell Nurses' Trust

Cavell is the charity supporting the nursing and midwifery family through tough times. Cavell provides grants, advice and a listening ear to nurses, midwives and healthcare support workers who may feel alone and are struggling to cope.

Financial pressures can come out of the blue. So when health, relationships and bills are causing stress, Cavell is here to help.

In the beginning

Hot on the heels of supporting a record number of nurses in 2020, 2021 was the perfect time to research the future.

Just how many of the UK's nursing and midwifery family need help getting through a tough time?

4x

those helped in 2020

12x

the number supported in 2019, a more 'normal' year, pre-pandemic

Annually

5,900

of the nursing and midwifery family across the UK need help getting through a tough time.

How to bounce back and rise to this challenge?

That question needed a new approach, a new chapter.

But **first**

There was a **75% increase in requests** for support compared to 2019 (pre-pandemic). Part of bouncing back, and planning for the future, might mean paying attention to the here and now.

In 2021

859

of the nursing and midwifery family were given advice, a listening ear and a financial grant to help them through a tough time.



Abigail

A heart problem in February 2020, the pandemic starting soon after and delays in treatment all added up to Abigail and her family struggling to get by in 2021.



“

Abigail has been able to return to work part time as she is still managing her heart condition.”

“

The support from Cavell Nurses' Trust has really helped the whole family. It relieved a lot of stress for me, I was able to not worry about buying food for the children and could pay bills that were in arrears. My daughter needed items for studying at school and now I could buy them.”

Helen

Collapsing due to Adrenal Crisis was nearly fatal for nurse Helen, so discovering a life-saving piece of equipment meant a glimmer of hope. A grant helped make this happen, sustaining Helen's life and improving the quality of it for the future.

Helen is hugely thankful to the people donating and fundraising to support nurses like her through Cavell Nurses' Trust.



I feel I owe all these people a huge debt of gratitude. Someone else's kindness and appreciation for nurses has had a life-changing impact on me. It's very humbling."

“The impact of this support on me and all my family has been so positive and uplifting. For the last few years, everything to do with my health has been such bad news, so this support has also restored my faith in life.”



A cast of thousands

Throughout 2021 thousands of people took action to support the nursing and midwifery family.

There were donors and fundraisers like Olivia...

Nurse Olivia completed twelve outdoor swims, raised hundreds of pounds and arrived at a profound realisation through her fundraising.

“

You have the ability to take control of your mind and body, even when both are screaming at you to not climb into the ice-cold water. Once you have taken the plunge and unlocked the reality of what you are brave enough to achieve, you really can start to take control of the other stresses and challenging emotions in your life.”



Kesiah

had a new beginning

"Before joining Cavell Nurses' Trust as a fundraiser, I was a Children's Nurse working on a Surgical ward. I looked after some amazing children and families who taught me a lot about resilience and hope. I loved being able to provide comfort and care to people in the hardest of times and witness all those times of recovery and joy.

I wanted to work for Cavell Nurses' Trust as I understand firsthand, how invaluable the nursing and midwifery professions are to our society. They are with us in some way throughout all our lives.

You spend your life caring for others but what about the times where you need help and support?

I wanted to be involved in a service that provides vital support for these professions when they are facing crisis particularly when the pressure on our health service is as intense as it ever was.

What's your advice for someone about to take on a new chapter?

Certainly to relish all the opportunities that a new chapter can bring. But to be realistic and kind to yourself. Adjusting to a new chapter can be hard.



...be realistic and kind to yourself. Adjusting to a new chapter can be hard."

Can you share the story of a time you've 'bounced back'?

When I was 18 I travelled to Central America with a charity to work on community projects in Costa Rica and Nicaragua. I was painfully shy and spent the first few days planning my exit strategy.

The food didn't agree with me, it was unbearably hot and the long-drops when walking in the hills were not to my liking.

But after a few days I took stock and began to understand the amazing opportunity I had before me. I ended up staying for three months and met some of the most amazing people, learned to plaster and walked up an active volcano. I think if I had tried to get on that return flight as I had initially planned, I would certainly be a very different person today. Indeed, I probably would never have trained as a nurse."



Royal College of Midwives

After many years of working together, a partnership was formed with The Royal College of Midwives (RCM) in 2021 to continue supporting midwives and maternity support workers during times of personal financial hardship. So, huge thanks to the RCM board and here's to even greater support for maternity staff.

Employers and companies joined a membership programme to support the nursing and midwifery family...



People.Health.Care.



Arthur Rank Hospice Charity

making every moment count

**Nursing
Times**



Derbyshire Dales
Primary Care Network



LloydsPharmacy

**Clinical
Homecare**

Our Health Partnership

OHP A healthy future for patients and practices



East and North Hertfordshire

NHS Trust



For The Nursing Profession - Past, Present & Future



**Epsom and St Helier
University Hospitals**

NHS Trust



The Healthcare Recruiter



HCA Healthcare uk



Gloucestershire Hospitals

NHS Foundation Trust

The **ROYAL MARSDEN**

NHS Foundation Trust



**University Hospitals of
Derby and Burton**

NHS Foundation Trust



Barts Health

NHS Trust



**Herefordshire and Worcestershire
Health and Care**

NHS Trust



**North Middlesex
University Hospital**

NHS Trust



The Tavistock and Portman

NHS Foundation Trust



**The Queen Elizabeth
Hospital King's Lynn**

NHS Foundation Trust



**University Hospitals
Plymouth**

NHS Trust



**Worcestershire
Acute Hospitals**

NHS Trust



**Northampton
General Hospital**

NHS Trust



East London

NHS Foundation Trust



Patient Care is Paramount

... and others helped the Cavell Star Awards
to recognise brilliance....



People.Health.Care.



Visit www.cavellstarawards.org to find out more.

... and charities and organisations took fast action to support the nursing and midwifery family.

LloydsPharmacy

Clinical
Homecare

network™

Eakin
SURGICAL
IMPROVING OUTCOMES

ARTISAN ABODE

 The Football Pools

N Thornbury
Nursing
Services

N Scottish
Nursing
Guild



We would like to thank the many Trusts, Foundations and individuals that support the nursing and midwifery family, including:

Ami, Ms Saadia
Annie Tranmer Charitable Trust, The
Ardwick Trust, The
Aubrey Orchard-Lisle Charitable Trust,
The
Bourne May Charitable Trust, The
Captain Tom Foundation, The
Carey, Ms H (an individual donation)
Claire Hunter Charitable Trust, The
CSIS Charity Fund
Dumbreck Charity
Edith Lilian Harrison 2000 Foundation,
The
Edward Cadbury Charitable Trust, The
G J W Turner Trust
Gatehampton Trust, The
Gordon Fraser Charitable Trust, The
Harapan Trust
Holliday Charitable Trust
Honourable Irish Society, The
John Beckwith Charitable Trust, The
Key Care Limited

Lillie C Johnson Charitable Trust
Lord Belstead Charitable Settlement,
The
Lorimer Trust, The
Margaret Foundation, The
Masonic Charitable Foundation
Maud Elkington Charitable Trust, The
Murphy-Neumann Charity Company
Limited
N Smith Charitable Settlement, The
Orr Mackintosh Foundation Limited,
The, ('Sharegift')
Paul Bassham Charitable Trust, The
Pennycress Trust, The
Rainford Trust, The
Rest-Harrow Trust, The
Richard Lawes Foundation, The
Sir James Roll Charitable Trust, The
Smallwood Trust
Worshipful Company of Bowyers'
Bowyers Charitable Trust, The
Worshipful Company of Coachmakers

and Coach Harness Makers
Charitable Trust 1977
Worshipful Company of Curriers
Company Charitable Fund
Worshipful Company of Environmental
Cleaners Charity Trust, The
Worshipful Company of Insurers
Charitable Trust
Worshipful Company of Parish Clerks'
Charity incorporation the Signe
Trust, The
Worshipful Company of Tylers and
Bricklayers Charitable Trust, The

Huge thanks also to 288 Group
Limited, Advent for Change, Funky
Medical Accessories, Posh Original Art,
Push Group and Wolf Brewery.

Thank you to those individuals and
organisations who wish to remain
anonymous.



What united this cast of thousands was a desire to lend a helping hand and a make a difference. Thank you!

Tough times on the outside...

When you help someone bounce back, some of the impacts are plain to see. In 2021:

90%



of people helped agreed it positively affected their **physical health**



83%



of people helped agreed it helped them get back into or **stay in work**



87%



of people helped agreed it positively affected their ability to **do their job**



....and **tough times** within

Some of the impacts are harder to see, but no less significant.
In 2021:

95%

of those helped agreed it positively
affected their **mental health**



There was a

71%

reduction in the number of people
who felt '**completely anxious**'



There was a

90%

reduction in the number of people
who felt unable to manage their **finances**



79%

of parents/carers helped agreed they saw a positive
change in their children/dependent's **emotional health**



Investing in the next chapter



In 2021 your support meant **£890,000** was used to support the nursing and midwifery family.

Each year there are

5,900

of the nursing and midwifery family across the UK that need supporting through a tough time.

Far greater funding will be needed to support such a large group of people, year in year out, and plans are being created right now to start the next chapter.

To give the best possible start, in 2021:

- Plans were made to increase grant giving and support in 2022 by up to one third
- A new, digital application process was launched and 98% of people felt it was easy and straightforward to apply
- The team was boosted by additional staff joining in 2022, to help give more and more support

Do you feel **you can help?**



You can raise awareness

1. Sign up for news
www.cavellnursestrust.org/#signup
2. Get social
www.facebook.com/cavellnurses.trust
twitter.com/CavellTrust
www.instagram.com/cavell_nt/
3. Share this with your colleagues, friends and family



You can

1. Donate
www.cavellnursestrust.org/make-a-donation/
2. Fundraise
www.cavellnursestrust.org/fundraise/
3. Join an event
www.cavellnursestrust.org/events-listings/



Your work can

1. Join the 'Working with' membership programme
www.cavellnursestrust.org/for-organisations/working-with/
2. Sponsor the Cavell Star Awards
www.cavellnursestrust.org/cavell-star-awards/
3. Donate funds or expertise
www.cavellnursestrust.org/for-organisations/corporate-partners/

Here's to the next chapter!

Cavell Nurses' Trust
Grosvenor House
Prospect Hill
Redditch B97 4DL

01527 595 999
admin@cavellnursestrust.org



@CavellTrust



@cavellnurses.trust



cavell_nt

Edith Cavell Fund for Nurses'
registered charity No. 1160148
and SC041453



Registered with
**FUNDRAISING
REGULATOR**


Cavell
nurses' trust